

1. Record Nr.	UNINA9910811683803321
Titolo	Simplified diet manual // Iowa Dietetic Association ; edited by Andrea K. Maher
Pubbl/distr/stampa	Chichester, West Sussex, UK, : Wiley-Blackwell, c2012
ISBN	1-283-33736-3 9786613337368 0-470-96160-0 0-470-96157-0
Edizione	[11th ed.]
Descrizione fisica	xvi, 280 p
Altri autori (Persone)	MaherAndrea K
Disciplina	613.2
Soggetti	Diet therapy Menus Formulas, recipes, etc
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Bibliographic Level Mode of Issuance: Monograph
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Intro -- Simplified Diet Manual, Eleventh Edition -- Contents -- Contributors -- About the Book -- Preface -- 1: Guidelines for Diet Planning -- DIETARY GUIDELINES FOR AMERICANS -- MYPLATE -- REFERENCES -- ADDITIONAL RESOURCES -- Study Guide Questions -- 2: Nutrition for the Life Span -- GENERAL DIET -- NUTRITION GUIDELINES FOR PREGNANCY AND LACTATION -- RECOMMENDATIONS FOR FEEDING NORMAL INFANTS -- NUTRITION GUIDELINES FOR CHILDREN -- REFERENCES -- ADDITIONAL RESOURCES -- MEETING NUTRITIONAL NEEDS OF OLDER ADULTS -- REFERENCES -- Study Guide Questions -- 3: Consistency Altered Diets -- PRINCIPLES OF CONSISTENCY ALTERATION -- MECHANICAL SOFT DIET -- PUREED DIET -- NATIONAL DYSPHAGIA DIETS -- ADDITIONAL RESOURCES -- Study Guide Questions -- 4: Liquid Diets and Modifications -- CLEAR LIQUID DIET -- FULL LIQUID DIET -- REFERENCES -- ENTERAL NUTRITION -- ADDITIONAL RESOURCES -- Study Guide Questions -- 5: Diets for Weight Management -- WEIGHT MANAGEMENT DIET -- CALORIE-CONTROLLED DIETS -- REFERENCES -- ADDITIONAL RESOURCES -- BARIATRIC DIET -- ADDITIONAL RESOURCES -- Study Guide Questions

-- 6: Diets for Diabetes -- CONSISTENT CARBOHYDRATE DIET -- REFERENCES -- ADDITIONAL RESOURCES -- Study Guide Questions -- 7: Fat Restricted Diets -- HEART HEALTHY DIET -- THERAPEUTIC LIFESTYLE CHANGE DIET -- LOW-FAT DIET -- REFERENCES -- Study Guide Questions -- 8: Sodium Restricted Diets -- DASH DIET -- NO ADDED SALT DIET -- LOW SODIUM DIET -- REFERENCES -- Study Guide Questions -- 9: Diets for Renal and Liver Disease -- MODIFIED RENAL DIET -- FLUID RESTRICTIONS -- REFERENCES -- NUTRITIONAL GUIDELINES FOR LIVER DISEASE -- REFERENCES -- ADDITIONAL RESOURCES -- Study Guide Questions -- 10: Fiber Modified Diets -- HIGH FIBER DIET -- LOW FIBER DIET -- REFERENCES -- ADDITIONAL RESOURCES -- Study Guide Questions -- 11: Other Modified Diets -- HIGH NUTRIENT DIET. REFERENCES -- SMALL PORTIONS DIET -- ADDITIONAL RESOURCES -- VEGETARIAN DIETS -- REFERENCES -- ADDITIONAL RESOURCES -- FOOD ALLERGIES AND INTOLERANCES -- ADDITIONAL RESOURCES -- LACTOSE RESTRICTED DIET -- ADDITIONAL RESOURCES -- GLUTEN RESTRICTED DIET -- ADDITIONAL RESOURCES -- PHENYLALANINE RESTRICTED DIET -- ADDITIONAL RESOURCES -- GUIDELINES FOR PEPTIC ULCER, GASTROESOPHAGEAL REFLUX DISEASE, AND HIATAL HERNIA -- ADDITIONAL RESOURCES -- KOSHER DIET -- ADDITIONAL RESOURCES -- Study Guide Questions -- 12: Dining Assistance/Special Needs -- FINGER FOOD DIET -- ADDITIONAL RESOURCES -- GUIDELINES FOR INDIVIDUALS WITH DEMENTIA -- REFERENCES -- NUTRITION FOR INDIVIDUALS WITH DEVELOPMENTAL DISABILITIES -- REFERENCES -- Study Guide Questions -- Appendices -- Appendix 1: Dietary Reference Intakes (DRIs): Recommended Intakes for Individuals, Vitamins -- Appendix 2: Dietary Reference Intakes (DRIs): Recommended Intakes for Individuals, Elements -- Appendix 3: Dietary Reference Intakes (DRIs): Tolerable Upper Intake Levels (UL), Vitamins -- Appendix 4: Dietary Reference Intakes (DRIs): Tolerable Upper Intake Levels (UL), Elements -- Appendix 5: Body Mass Index Table (kg/m²) -- Appendix 6: Fiber Content of Selected Foods -- Appendix 7: Calcium Content of Selected Foods -- Appendix 8: Iron Content of Selected Foods -- Appendix 9: Folate Content of Selected Foods -- Appendix 10: Magnesium Content of Selected Foods -- Appendix 11: Potassium Content of Selected Foods -- Appendix 12: Vitamin A Content of Selected Foods -- Appendix 13: Vitamin B12 Content of Selected Foods -- Appendix 14: Vitamin C Content of Selected Foods -- Appendix 15: Vitamin D Content of Selected Foods -- Appendix 16: Vitamin E Content of Selected Foods -- Appendix 17: Choose Your Foods: Exchange Lists for Diabetes -- Appendix 18: Study Guide Suggested Responses -- INDEX.

Sommario/riassunto

Hospitals and long-term care facilities in every state and many foreign countries use the Simplified Diet Manual to assist them in planning nutritious, appealing, and cost-effective meals that are modified to meet the dietary requirements of individuals with special health needs. While reflecting the dynamic nature of the field of nutrition, the Eleventh Edition of the Simplified Diet Manual retains its basic purpose: providing consistency among diet terminology, in a simplified manner, for the prescription and interpretation of diets or nutrition plans. The concise, user-friendly format of this resource helps dietitians and foodservice managers succeed in their vital role in maintaining nutritional health and well-being of clients in long-term care facilities, hospitals, and outpatient service centers. Revisions and additions to the Eleventh Edition of the Simplified Diet Manual include: Update of the Guidelines for Diet Planning based on Dietary Guidelines for Americans 2010 Inclusion of updated Study Guide Questions at the end

of each chapter for training foodservice employees in health care facilities that are served by a registered dietitian or dietary consultant. Inclusion of online patient education handouts that coordinate with selected therapeutic diets in the manual Revision of FOOD FOR THE DAY tables using wider variety of culturally diverse foods Addition of the Mechanical Soft and Pureed Diets Addition of the Small Portion Diet Revision of the Fat Restricted Diets Addition of the DASH Diet Revision of the Diets for Kidney and Liver Disease to include potassium and phosphorus food lists and a section on Guidelines for Liver Disease Addition of the Kosher Diet Inclusion of Choose Your Foods, Exchange Lists for Diabetes (2008, American Dietetic Association, American Diabetes Association).
